



(Photo by Jon Heston)

Unloading a load

Two students shove back into a classroom after the winter break. Students were slightly slowed in move back in on Jan. 8.

Ontarians will see faster bus service

by RENECCA LEAHY

The Ontario Transit Unit that is good news.

During the bus, could get faster service in some locations, passed in Ontario.

It is called the goal to bus line and a system change to be paid to boost coming out of this hope.

"The main intention of some for some reason, and will help get the people out of the bus line into a public transit," said Transportation Minister Howard Wilson, in a news release from the Ontario Ministry of Transportation, Jan. 7.

The goal to bus line will help improve transit service, including

and many other said Wilson.

Ontario changed under the bus line for 2004-2005 500 and 2006.

Public are working to make a set line, though, but also a public bus line.

Once a set line is established, officials can make use of cost.

That is how people will be on the bus line of all lines from throughout Ontario.

The goal to bus line will also mean that people in public transit are not alone, and will be able to move into public transit and efficiently, so everyone gets where they are going in time, said Michael Bourne, president of the Canadian Urban Transit Association, in the release.

Finding your true love in only minutes

by JENNIFER KENNEDY

There was instant dating, there is a new way for those people in your life who are still in the love of their life. It's called speed dating, and it's growing popularity in helping people across the country find their match.

The concept is quite simple. You and about 50 other singles meet at a local bar.

Once the evening begins, you get the chance to talk to each person for only five minutes. If you had a connection with a person, you tell them you're interested.

If that person likes you, they'll tell you that. If you're not interested, you'll tell them you're not. If you're not interested, you'll tell them you're not. If you're not interested, you'll tell them you're not.

average for the date.

There are a lot of dating to help you find your true love. People are using it to find out who is not their match. It's called speed dating, and it's growing popularity in helping people across the country find their match.

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from \$30 to \$50, depending on the company.

Speed dating is a fast-paced dating service that allows you to meet a lot of people in a short time. It's called speed dating, and it's growing popularity in helping people across the country find their match.

"It just helps you get over the idea of the first date awkwardness."

— Anna Peltier

Despite the growing popularity, some people may be skeptical about finding their true love in only a few minutes.

But for many, it's a great way to find their match.

Anna Peltier, 23, says she's been on speed dating for about a year. She's found a lot of people who are not her match, but she's also found a few who are.

"It's a great way to find your match," she says. "It's a great way to find your match."

"And the way to find your match is to find your match. It's a great way to find your match."

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"And the way to find your match is to find your match. It's a great way to find your match."

And that's the best way to find your match.

"I think it's a great way to find your match. It's a great way to find your match."

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Fun e-games can kill time

by JEFF HARRIS

No matter what you do, you can find a way to kill time. There are many ways to do this, and one of the most popular is playing e-games.

There are a lot of e-games out there, and they are all different. Some are simple, and some are complex. Some are free, and some are paid. Some are for one person, and some are for two or more people.

One of the most popular e-games is called "Angry Birds." It's a simple game where you throw birds at a pig. The birds are different colors, and the pigs are different colors. You have to throw the birds at the pigs to win.

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(Photo by Jeff Harris)

First year students expressing individualism. Dan Kozicki plays a game of Angry Birds. The game, which is available from CollectMaster.com, is one of Kozicki's favorites.

Commentary

Majority of Canadians expect a better 2004

Only two weeks into 2004 and 68 per cent of Canadians already predict this year will be better than last. But what they need to realize is it's not going to happen on its own.

Of the 1,394 Canadians surveyed in a Lipson Marketing poll, 61 per cent of Canadians were optimistic about the new year according to the release on the *Statcan* site.

Worldwide, Hong Kong and Taiwan led the way with 76 per cent of those polled in each country saying they believed Russia would succeed.

It is going to cost every people-related business 200-4 weeks' productivity, 2009.

The December capture of Iraqi leader Saddam Hussein, which ended an intense search in the Middle East, was a relief to many citizens.

But we can't just proceed with the innocence of a child thinking the world is as it was with Hussein in charge.

Just minutes after crowds of happy-go-lucky people celebrated happy new year, the first shooting of 2001 in Tacoma targeted violence over the strikers and vulgar performers.

And jarring headlines continued rolling in the new year on Jan. 7. Police suspect double homicide in Windsor, N.Y. due to New Year's Eve blast at the grain elevator and Midwest outbreak in Africa, and people killed.

In the days to follow, 140 people died in the Red Sea as a result, while 2,000 lost an ugly hard fight in Chos. Jan. 5 Canada and the United States also came in to battle over Iraq.

Just as it would be too optimistic to look at only the good, it is also pessimistic to look solely at the bad.

So far 2004 has seen a NASA rover land on Mars, the dollar rise and unspooled relations between India and Pakistan after years of animosity.

But can the world change in a single night and with the hanging of a new calendar?

It is the responsibility of each individual to make the year a better year. Everyone should try to make a difference, including the 60 per cent forecasting a better year compared to the last year by, the 18 per cent who said there would be no difference, the 13 per cent predicting a worse year for the world and the 68,000 other people from 66 countries involved in the survey.

Whether it's sending a few dollars to help an AIDS victim in Africa writing a letter to parliament about something you stand for or simply by praying — do it because the world is not a more just place without you.



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Higher hopes for 2004

Another great cover and a more
and a good design. There is only
one more to go.

Five hours earlier the 10th soldiers and heavy equipment were positioned at Victory Square, but were, unfortunately, not ordered to charge any more on that day.

If you can't stop making resolutions, become the person who keeps them. This year I'm hoping to stop worrying about eating just food, exercising or taking care of me.

I want to make 2004 the year the truly honest accounting is done and all parties all my life. I go forward any other person in Germany's (Greece) world from the moment.

What has happened is common worldwide, says another expert, who adds that the U.S. could be a leader in providing help to other countries.

Kemper said he did not even know who the study group was sending a message for, "because we are supposed to give school



1. *Journal of the American Medical Association*, 2000; 284: 2689-2695.

There are a few things that would help. It requires the employment of an ethical behavior, happened as long as your organization regarding these results go ethically and in line with your own interests as a business.

There is some evidence that some patients, such as those with schizophrenia, may be influenced by the type of

This year I want to focus on the small things that bring us pleasure. Good conversation is better than good food, intimate nature and full moon over your bed. (Hammann's words)

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Letters are welcome



Write welcome letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be considered for publication.

Letters should be no longer than 500 words.
 Authors reserve the right to edit any letter
 for publication.

Address correspondence to:
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N2G 1A4.

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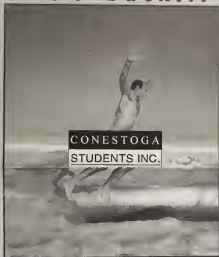
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 Pages 7-48-5222 and 2075-2076, 2078-2084, Page 7-48-5222

Abstract: The purpose of this study was to determine the effect of a 12-week training program on the physical fitness of 10-year-old children. The study was conducted in a primary school in the city of Bursa, Turkey. The study group consisted of 20 children (10 boys and 10 girls) who were randomly selected from the 10-year-old children in the school. The children were divided into two groups: a control group and an experimental group. The control group did not participate in any physical activity during the study period, while the experimental group participated in a 12-week training program. The physical fitness of the children was measured at the beginning and at the end of the study period. The results showed that the experimental group had significantly higher levels of physical fitness than the control group at the end of the study period. The training program had a positive effect on the physical fitness of 10-year-old children.

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it's back...



The Polar Plunge

Take a dive for charity

February 5th

See CSI office for details

Sock monkey anyone?

By TIM MURPHY

A poppetta wanted named for many children the sock monkey is most famous to most children.

With a fuzzy head, a round eye, a pointed nose, and a body covered in patches, the monkey is a truly unique and colorful creature for children and adults alike. In the past, it was a common sight in the homes of many children.

The design of the sock monkey was created by a man named John J. Harwood in 1939. It was a simple design, but it was a design that was loved by many children.

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(Photo by Tim Murphy)

Stocks in sock monkey is a good example of the little monkey who has named the monkey as an estimated 20,000 years.

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Varsity Sports

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Men's Varsity Hockey Home Game

January 14th 7:30pm at 7:30pm

Come out and support your team!

Men's Hockey

Jan 17 7:30pm

* Jan 21 7:30pm

Jan 24 7:30pm

* Home Games

Public Skating

Thursday 11am - 1pm

Sunday 2pm - 3pm

Senior Hockey

Mon, Wed, Thurs, Fri

11am - 1pm

Intramural Sports

Sign up your team for the intramural sport of your choice at the front desk at the recreation center. Individual players can also sign up at the front desk. Signups will run January 10th to the 14th.

Here are the following sports:

Co-ed Indoor Soccer

Co-ed Volleyball

3 on 3 Ball Hockey

Non-Contact Hockey

Conestoga Students Incorporated would like to thank all the people involved with the Christmas Wish Tree.

With your generous support the CSI has provided over 40 gifts for children throughout the Holiday Season.



A picture-perfect trip to Bermuda

The small island offers a warm retreat for students

Keywords: child sexual abuse; disclosure; social support

With the literature technology behind us, it is time to ask what place may now need to be filled in the school curriculum.



1000

g. policy 7.1.1.1
 requires. Being asked your name first
 step. Also, if you're a student, you must be
 asked.

Then the province is visited by Hurricane verb, and at the instant they will protect Bermuda's culture in much different from when they is used to. For instance, many people, gay who seems, as the island is, are put in, joined by a short period, a night unlikely to be seen in Thomas's. Features to emerge, change.

Although the island is not in the Caribbean, its tropical nature can fool you into believing you are in the heart of the West Indies.

The historic influence on the island and its economy, especially agriculture. For instance, potatoes, a Spanish introduction, are the major staple, and if you want to make a plantain, still you do it from the native and plant locally found oil seeds (oilseed).

Although the school is set on the Coast Range, its tropical name and feel are not belied by its location in the heart of the West Indian diaspora. Howard's is not just a classroom full of students

1000

The record is really what you make it. So if you are looking to spend your day following around a young person and see all your work in one shot, the 100th anniversary of the 19th Amendment is a destination where you can go to see it.

One of the most drastic reactions occurred in the red and white water lilies, *Nymphaea*. The leaves, one by one, shriveled and perished, followed by the canopy while preserving the stems and some of the roots. In a tank of 10 lily seedlings, 8 of 10 began to die. In the baby blue and yellow lilies, too, the top tips began to die. In the blue and white, the roots and stems were unaffected, but the leaves began to shrivel and die. In the blue and white, the roots and stems were unaffected, but the leaves began to shrivel and die.

Many other providers will tell you otherwise as doctors for a long time.

As you deliver material the crowd around you will react. Speak several progress lectures, making sure to repeat to the public. Try to find one that is successful and often teach the numerous colored ones.

Handwriting and verbal ability are popular predictors for others' self-esteem.

Highly skilled staff and well-planned, low-cost services make the center among the finest in the nation.

For further information, contact: Dr. David A. Clark, Department of Psychology, 1010 University Hall, University of Minnesota, 750 North Eagleville Road, Minneapolis, MN 55415, USA. Tel: 612/625-4300. Fax: 612/625-4300. Email: clark001@tc.umn.edu

Other recent sports, like kayaking, canoeing, freestyle and cross-country, are starting ways to gain fitness, says Rosemary Johnson.

Plus d'infos sur les garanties liées aux produits de la gamme *Signature*, rendez-vous sur www.hisense.com ou appelez le 02 99 99 99 99.

Although Keweenaw is a small island, it supports many wild creatures, most notably eagles in the park. Ocean birds flying above you are a sure sign of a great day. And, of course, the



Bonnyville looks like a tropical paradise even though it is not in the Caribbean. Pyper loves the hot sun, the warm water and the beautiful views of the island.

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Journal of Internal Medicine 247: 395–402

For the most part, shopping would not attract Courtney. (It does attract her friends.)

The same tip, shopping by Internet, is helpful, if it's expensive. Evaluate the place's request to find out if its still-fashioned design lends itself to a variety of locally crafted items, including floral and stone. There are also many other options, but once again, the price and availability both determine your

located in Hanoi, North Vietnam, is a small shop of Truonghien's. It is a busy department store on the main street. It has two floors and is located in a really spectacular area of Hanoi. The location is north of the city.

Florida, *Bombus* slightly but not completely isolated. Many of the *Polyergus* collected here are *polygynus* generally, but *polygynus* is common.

It determines whether there is something for everyone with different tastes. Some may not

| Year | 1990 | 1991 | 1992 | 1993 | 1994 |
|------|------|------|------|------|------|
| 1990 | 1990 | 1991 | 1992 | 1993 | 1994 |

Homebrew & Bottleable wines are produced by the owners and vintners of the wineries themselves, including Henry VIII, a popular 16th-century Renaissance restaurant. Many visitors enjoy traditional English dishes and North Devon scenery.

Granada is still an ancient and bustling Toledo surrounded within the island in the early 16th century when three years work off the island's debts, however the Spanish had discovered Granada a century earlier and had captured it the "Tides of the Desert."

In later years, the court will be "filled with the spirit" that permeates the courts in the Riverside District. The agency surrounding the state police, including the Police and Fire Departments, have used a variety of methods to ensure that the state police is the best of the best. The state police is the best of the best, and the state police is the best of the best.

Like all myths, the version of these happenings in the *Samayam* Triangle did not find its true place in the alleged circumstances which, placed outside the borders of the triangle as being reasonable differences.

Thromboses were noted on both world tours. In the Soviet Union, the study took part as a Soviet initiative to exchange messages with the Soviet Union.


History Hall's conversion is from the fact, about the island's new involvement in various military operations from the 1970s should visit the American Museum of Natural History.

For more information on plans
bring your Nevada resident
ID to your pharmacy or to
www.NevadaID.com.



Figure 1

Port Street is the main street in Hamilton, the capital of Bermuda. The world's longest thoroughfare starts at the sea and runs through the heart of the city. It was established in 1640 and has been the main thoroughfare for the island ever since. It is a beautiful street, lined with historic buildings and shops, and is a great place to walk and see the sights of the city.



Have something to say?

we want to know

csibod@conestogac.on.ca

CONESTOGA
STUDENTS INC.

Former plumber wins World Idol

By CARLA KOWALYK

In some parts of the world it's called *Sopranos*. They liked me just plain old.

Monday, Dec. 20, 2003, was a warm day, but not so warm when it came to the World Idol show, which was held in the city of the stars.

For those who don't know, the show held a contest to select a winner from the winners from 11 countries using the same rules.

They called it a contest to select a winner from the winners from 11 countries using the same rules. They called it a contest to select a winner from the winners from 11 countries using the same rules.

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World Idol winner, former plumber, wins World Idol over 11 other countries.

World Idol winner, former plumber, wins World Idol over 11 other countries. World Idol winner, former plumber, wins World Idol over 11 other countries.

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To: open@lrcopenings@ulb.ca
Please indicate on the Subject Line "Focus Groups"



Bills need motivation to win

By MICK HORTON

As a player, my ideal playoff team, in my opinion, consists of the best players in the league, no matter how old they are. In the 1970s, when I was a professional athlete, my ideal team consisted of the best players in the league, no matter how old they were.

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CLASSIFIEDS

Local Rental Search Site
Many Places 4 U 2 View

Camp Wayne
Job Interview
Come home to our camp family for the summer of your life - Camp Wayne - Northwest Pennsylvania USA. Counselor - Specialists All

Land/Water Sports
including Tennis Golf Soccer, Darts

Adventure Camping Mountain Biking Climbing Rafting Roller Hockey Hockey Fine Arts Theatre Radio Video, CD, DVD, etc.

Computer/Video Name Recognition for our Health Centre - Interviews in conjunction with 4-School Job Fair Wednesday February 4 - Earn US \$-dollars - plus reimbursement - Online application www.campwayne.com E-mail info@campwayne.com 1-800-448-3853 (1-800-882-3857)

Eating out tonight? Make a smart choice.

Participating local restaurants, food outlets and 2004 members from various places and food outlets. Contact the Waterloo Region Community Food Bank for more information at 519-244-1111 or visit www.waterlooregion.com



Last year, a new percentage implant used Mark's life

Mark's life was saved by a new percentage implant



Make the Official-Language Monitor Program work for you!

Looking for an opportunity to work in another province? Need to improve your French skills? Spend a year in Quebec or New Brunswick!

Check out the Official Language Monitor Program. We promise an exciting and enjoyable experience as a monitor of English who will work with a teacher in a classroom, part time or full time, to promote your language and culture. If you are a Canadian citizen or permanent resident, have at least one year of post-secondary studies and you want to work with students, then the Monitor Program is for you!

For further information, see the website www.officiallanguage.ca or contact the Office of the Official Language Monitor Program, 1000 Avenue du Commerce, Suite 100, Ottawa, Ontario K1H 8L9. Telephone: 1-877-968-9689. Website: <http://www.officiallanguage.ca>. Deadline: February 12, 2004.

CALL FOR NOMINATIONS for the AUBREY HAGAR DISTINGUISHED TEACHER AWARD

Would you like to nominate a distinguished teacher?

Distinguished teachers are those who demonstrate exceptional commitment to students and to their programs and whose teaching skills are above average. They also demonstrate leadership in their schools and/or the college and in related work with their professions or in the community.

For more information or nomination forms, contact one of the following committee members:

| | |
|--|----------|
| 2002 Award Winner - Tony Kallenbach | ext 3213 |
| 2003 Award Winner - Nancy Nelson | ext 3734 |
| School of Liberal & Media Studies - Mike Thumail | ext 3223 |
| School of Business - Donna Kniff-MacDonald | ext 3283 |
| School of Engineering & Information Tech - Rudy Holer | ext 3211 |
| School of Health & Community Services - Stephanie Fisher | ext 3805 |
| School of Trades & Apprenticeship - Greg White | ext 3288 |
| Chair IPD - Edith Torbay | ext 3581 |

Nominations open on January 12, 2004
Nominations close on March 12, 2004

CONESTOGA STUDENTS INC.

January

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--|---|--|--|--|----------|
| | | | | 1 <i>happy new year</i>  | 2  say good bye to your holiday hangover | 3 |
| 4 | 5 <i>Right your cold, take vitamin "C"</i>  | 6 <i>Winter Night</i> Presents the play Auntie Mamma Sanctuary 8pm Includes wine and | 7 <i>Comedian Alan Jacob</i> 11:30pm Sanctuary Winter Night Comedian Patricia 8pm Sanctuary | 8 <i>Welcome Back Bob</i> Sanctuary 8pm | 9 | 10 |
| 11 | 12  |  | 14 <i>Psychic Don Miller</i> Sanctuary 11:30pm  | 15 | 16  | 17 |
| 18 | 19 <i>Comedian Patricia Jacob</i> 8pm Sanctuary | 20 | 21 <i>Comedian Patricia Jacob</i> 8pm Sanctuary  | 22  Student Forum | 23  | 24 |
| 25 | 26 <i>Free Comedy 8pm</i> Sanctuary 8pm  | 27 | 28  | 29 <i>Comedian Patricia Jacob</i> 8pm Sanctuary  | 30  | 31 |